

# Meal on Wheels (MOW) & Congregant Meals (CM)

Wasatch County Senior Center: 435-654-4920

Please Reserve Your Meal At Least 24 hrs. prior

Congregant Meals: Lunch Served at Noon/ Breakfast Served at 10:00am

# SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>LABOR DAY</b>	<b>3</b> <b>MOW: CHICKEN CORDON BLEU</b> , Potatoes & Gravy, Peas, Peaches & Roll <b>CM: SALISBURY STEAK</b> , Potatoes & Gravy, Green Beans, Pears & Roll	<b>4</b> <b>MOW: MACARONI &amp; BEEF</b> , Corn, Salad W/ Ranch, Mandarin Oranges & Roll	<b>5</b> <b>MOW: FISH</b> , Au Gratin Potatoes, Green Beans, Tartar Sauce, Tropical Fruit & Roll <b>CM: BURRITO W/CHILI</b> , Tator Tots, Corn, Watermelon & Chips & Salsa	<b>6</b> <b>MOW: MANDARIN ORANGE CHICKEN OVER RICE</b> , Egg Roll, Stir Fry Vegetables, Orange Wedge & Roll 
<b>9</b> <b>MOW: HAM</b> , Potatoes & Gravy, Peas, Pineapple & Roll	<b>10</b> <b>MOW: BBQ RIBLET</b> , Mac & Cheese, Baked Beans, Pears, Pudding & Roll <b>CM: ROAST PORK</b> , Potatoes & Gravy, Carrots, Applesauce & Roll	<b>11</b> <b>MOW: BEEF STROGANOFF OVER NOODLES</b> , Green Beans, Peaches, Tapioca Pudding & Roll 	<b>12</b> <b>MOW: PORK CHOP</b> , Potatoes & Gravy, Carrots, Applesauce, Cookie & Roll <b>CM: **BESENDORFER MUSEUM/ BARN** BOX LUNCH- TURKEY SANDWICH</b> , Potato Salad, Fruit & Chips	<b>13</b> <b>MOW: CHICKEN CROSSIANT</b> , Potato Salad & Apple Slices
<b>16</b> <b>MOW: CHICKEN CUTLET</b> , Potatoes & Gravy, Peas, Peaches & Roll 	<b>17</b> <b>MOW: CRUNCH TOP HAM &amp; POTATO CASSEROLE</b> , Carrots, Bananas & Roll <b>CM: **10:00AM BREAKFAST**</b> Hashbrowns, Eggs, Bacon, Pancakes, Fruit & Juice/Milk	<b>18</b> <b>MOW: BEEF CHOW MEIN OVER NOODLES</b> , Egg Roll, Stir Fry Vegetables, Orange Wedge & Roll	<b>19</b> <b>MOW: ROAST BEEF</b> , Potatoes & Gravy, Green Beans, Applesauce, Cookie & Roll <b>CM: CLAM CHOWDER SOUP</b> , Ham & Swiss Wrap & Apple Slices	<b>20</b> <b>MOW: HICKORY CHICKEN</b> , Red Potatoes, Corn, Jell-O W/ Fruit Cocktail & Roll
<b>23</b> <b>MOW: CHICKEN FRIED STEAK</b> , Potatoes & Gravy, Peas & Carrots, Pears & Roll	<b>24</b> <b>MOW: CHEESE ENCHILADA</b> , Spanish Rice, Beans, Cantaloupe, Chips & Salsa <b>CM: FISH</b> , Au Gratin Potatoes, California Blend Vegetables, Fruit Cocktail & Roll	<b>25</b> <b>MOW: CHICKEN MALIBU</b> , Potatoes & Gravy, Carrots, Peaches & Roll	<b>26</b> <b>MOW: LASAGNA</b> , Corn, Salad W/ Ranch, Mandarin Oranges & Garlic Toast <b>CM: POTATO BAR W/ TRIMMINGS</b>	<b>27</b> <b>MOW: CHICKEN STRIPS</b> , Tator Tots, Green Beans, Apple Pie & Roll
<b>30</b> <b>MOW: TUNA CASSEROLE</b> , Peas, Tropical Fruit & Roll				

**SUGGESTED MEAL DONATIONS** The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00